

# ADULT

## EPINEPHRINE AUTO-INJECTOR SEVERE ALLERGIC REACTION

### BASIC LIFE SUPPORT GUIDELINE

**Reasonable certainty of On-Line Medical Direction required for use.**

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#### INDICATIONS:

- Patient exhibits signs of a severe allergic reaction which may include respiratory distress, cardiac arrhythmia, hives, edema of face and mouth, rapid heart rate, hypoperfusion (shock) and/or loss of consciousness

AND

- Medication is present: either prescribed for this patient by a physician and with the patient or with the responding EMS personnel.

#### POTENTIAL ADVERSE EFFECTS:

- Increased heart rate
- Pale skin
- Dizziness
- Headache
- Heart palpitations
- Chest pain
- Excitability and anxiousness
- Nausea and vomiting

#### CONTRAINDICATIONS:

- The medication is expired.
- The medication name and expiration date cannot be determined.

#### PRECAUTIONS:

- Do not inject into a vein
- Be prepared to initiate CPR and use AED
- Geriatric patients may be more susceptible to potential adverse effects, consider using pediatric dose and monitor patient closely
- Patients may carry an "Ana-Kit" syringe containing epinephrine, Do not use it. Use only epinephrine auto-injector.
- Use Pediatric Guideline for children under 60 pounds

1. Assess the patient, treat ABC problems, obtain baseline vitals and consider transport plan based on general impression.
2. Administer oxygen or assist ventilations or begin CPR, as needed.
3. Inspect the prescribed pre-loaded epinephrine auto-injector and document:
  - **Right Medication and Form-** Check expiration date, medication should be clear and colorless.
  - **Right Route-** Injected into thigh.

The Idaho EMS Bureau has taken extreme caution to ensure all information is accurate and in accordance with professional standards in effect at the time of publication. This guideline is for reference and may be modified at the discretion of the EMS Medical Director. It is recommended that care be based on the patient's clinical presentation and on authorized policies and guidelines.

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- Right Dose-**
  - DOSAGE BY WEIGHT: (> 60 pounds) 0.3 mg epinephrine (1 Epipen Adult)
  - DOSAGE BY WEIGHT:(< 60 pounds) 0.15 mg epinephrine (1 Epipen Junior)

4. Describe procedure to patient and obtain consent, if possible.
5. Remove clothing covering thigh, preferably.
6. Administer medication:
  - Remove the cap from the auto-injector.
  - Ask patient to hold leg as still as possible.
  - Cleanse injection site with alcohol pad.
  - Place the tip of the auto-injector against the lateral (outside), upper 1/3 of the patient's thigh.
  - Push the injector firmly against the thigh until the auto-injector activates.
  - Hold the injector in place until the medication is injected. (Approx. 10 seconds)  
(Note: The majority of the solution will remain in the autoinjector after activation.)
  - Dispose of the auto-injector in a biohazard sharps container.
7. Record time of administration, dose, site administered and patient response.
8. Reassess patient every 2 minutes. Patients experiencing anaphylaxis may not always respond adequately to one injection of epinephrine. Epinephrine has a rapid onset but short duration of action, (10-20 minutes). Patients may, therefore, not improve sufficiently or may improve and relapse. Contact On-Line Medical Control if patient does not improve with one dose, additional doses must be cleared through medical direction.
9. Consider using bronchodilator inhaler, per Prescribed Inhaler Guideline.
10. Transport promptly and perform ongoing assessment en route. Assist ventilations or begin CPR, as needed. Bring any remaining unused auto-injectors with you.
11. Document what triggered the anaphylaxis or allergic reaction.

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